

CHEERLEADING RULES AND REGULATIONS

2005

Leagues and Age Brackets

The eligibility age for all participants shall be a minimum of 6 years of age and a maximum of 18 years of age. The age cut-off date to establish the age of the child is OCTOBER 1ST of the current year. Roanoke County will honor an alternate cut-off date established by other sanctioning organizations if that date does not expand the age brackets or increase the age eligibility established by Roanoke County Parks and Recreation.

1. **Biddy League/U7**
6 to 7 year olds. No one under the age of 6 is allowed to participate. No Mascots under the age of six.
2. **Pee Wee/U10**
8 to 9 year olds.
3. **Little/U12**
10 to 11 year olds
4. **Junior/U14**
12 to 13 year olds
5. **U19**
14 to 18 year olds

PLAYER ELIGIBILITY

- A. Must be a Roanoke County resident or attend a Roanoke County Public School to be eligible to participate in any Roanoke County Youth Athletic program. If a player moves out of the County they may continue to participate in that specific sport until they age out of the program, as long as their participation is continuous with no breaks between the age brackets.
- B. All players must play in their eligible age bracket. Unless the coordinator and the club president approves the change. Any change must be submitted to the rec. club in writing.

TEAM INFORMATION

- A. Team entry forms and rosters forms must be filed with the Youth Athletic Department by 5:00 PM, **Friday, July 22, 2005.**
- B. Team Rosters must be filed with the Athletic Department, **Friday, July 22, 2005.** Rosters must show name, address, telephone number, birthday (before August 1) league age, jersey numbers (if available) and the school each player attends.
- C. Rosters must be signed by the coach verifying roster information.
- D. Regular season will begin around **August 24th**

PRACTICE

Football/Soccer - Practice will start August 1st. Four (4) hours per week.

Basketball – Practice may start around mid-November. Two (2) hours per week for the entire season.

LEAGUE RULES

1. Stunts are NOT allowed in any age group. Cheerleaders must have at least one foot or hand in contact with the ground at all times.
2. Jumps are allowed only if they are done unassisted and can be done under their own power with spotters.
3. Gymnasts maneuvers (example: cartwheels, round-offs) are allowed only if done unassisted and can be done under their own power with spotters.
4. No tosses or pyramids are allowed in any age group.
5. No gum, candy or other food in mouth while cheering.
6. Jewelry is not allowed while cheering. (example: rings, earrings, etc....)
7. No player is allowed to participate in more than one (1) Roanoke County sponsored sport within the same season
8. Teams must cheer for all their teams home and away games.
9. Cheerleading teams must have cheered during regular season to cheer for that team football team at Superbowl.
10. No music once games begin except for half-time routines.
11. Only positive and supportive signs are allowed.
12. No facility permits will be given to teams for indoor practice time.
13. Half time routines: Visitors go first and limit routines to 2 or less minutes.
14. Cheer teams will follow football teams after the game for hand shakes.
15. When there is an injured player on the field all cheering will stop and cheerleaders will take a knee until the player is removed or leaves the field.